



Do the ABC Spin Check with Zeal!



A is for **Air**: Pinch your tires - they should feel hard. Soft tires can cause flat tires, ruin your rims, make your bike hard to ride.

B is for **Brakes**: Push bike forward and squeeze your brakes or, on some bikes, pedal backwards to make sure you can stop.

C is for **Chain**: be sure the chain is slightly oily, not rusty, and makes a straight line across the bottom. Also, be sure it is attached in both the front and back.

Spin is for **spinning your wheels**: make sure they don't wobble or rub on anything like the brake pads or the frame.



For more information visit our Safe Routes to School website:
montgomerycountymd.gov/SRTS